

Get CalFresh Food Benefits For Your Family Now

A Guide for Immigrant Families



Every family has the right to be healthy and have access to fresh and nutritious food.



“While I had custody of my grandchildren, my husband lost his job of 18 years—it wasn't something I ever thought could happen. My sole income wasn't enough to keep up with the needs of my family, even working two jobs. CalFresh Food benefits helped make ends meet when my family and I really needed it.

Knowing that I could afford fresh, healthy food for my grandchildren and husband gave me so much joy and it relieved the worry I had each month.”

—**Delia Contreras,**
Grandmother of Three

All children born in the U.S. can get CalFresh Food benefits if they qualify, no matter where their parents were born or their parents' immigration status.

CalFresh Food is California's Supplemental Nutrition Assistance Program (SNAP). It provides monthly food assistance for individuals and families with low incomes.

Even if a household has members who cannot get CalFresh Food benefits, it is possible that others are eligible. If your family qualifies, you'll be able to get food benefits within 30 days or sooner, depending on your family's needs.

You can use CalFresh Food to buy fresh fruits and vegetables, whole grains, lean proteins, bread, tortillas, milk, cheese, and more.



An EBT card makes using food benefits easy.

CalFresh Food benefits are issued monthly using a plastic electronic benefit transfer (EBT) card that works like a debit card. It can be used at most grocery stores and farmers markets. If the eligible member of your household is a child, a parent or guardian manages the benefits and EBT card for them.

In California, about 1.5 million people are eligible but not receiving CalFresh Food benefits.¹

Applying for CalFresh Food benefits is a good way to help make sure your family has healthy and nutritious food.

The amount you get depends on your income, expenses, and household size. A family of three could receive up to \$509 each month. And if extended family members, like grandparents, live in your home and eat meals with you, they may count as part of your household too.

Individuals can be part of one household without being related to each other. Households can be as small as one person, and the same address can have more than one household.

Maximum Monthly Amount by Household Size ²

1 Person / \$194	2 Person / \$355
3 Person / \$509	4 Person / \$646
5 Person / \$768	6 Person / \$921
7 Person / \$1018	8 Person / \$1164
+Each Additional Person / \$146	

The chart shows the most CalFresh Food benefits that households of different sizes may receive.

¹Source 2017 CalFresh PRI (program reach index)

²Effective October 1, 2019 through September 30, 2020

Apply In 3 Easy Steps



1 Fill out a form

You can start the process by visiting [GetCalfresh.org](https://getcalfresh.org). It only takes 10 - 15 minutes to apply in English or Spanish. You can also go into your local county social service office, mail your application to your county, or call 1-877-847-3663 (FOOD).



2 Talk with our staff

Once you apply, talk privately with a county social service worker over the phone or in person.



3 Submit a few documents

Provide proof of income and identity (a government issued ID may not be required). The county social service office may also request other documents if needed. People in the household who do not want benefits for themselves do not need to provide proof of citizenship or immigration status.



You can apply for CalFresh Food benefits without ever going into an office.

Apply online, then talk to a county social service worker over the phone. If you qualify, you can have the EBT card mailed to you. In some counties, there are also local community-based organizations that can help you with the application process.

Get your questions answered.

Call 1-877-847-3663 (FOOD) to be routed to your local county social service office and get answers to any questions/concerns you have. They'll even consult with you privately to help you learn if you're eligible.

Refugees, asylees, and visa and green card holders may also be eligible for benefits. Call 1-877-847-3663 (FOOD) to learn more.



Find out if you qualify for CalFresh Food benefits, apply today:



Click [GetCalFresh.org](https://www.getcalfresh.org)



Call **1-877-847-3663 (FOOD)**



Come in/find an office at [CalFreshFood.org](https://www.calfreshfood.org)



For other languages or reasonable accommodations, find an office at [CalFreshFood.org](https://www.calfreshfood.org). For speech and/or hearing assistance call **1-877-847-3663 (FOOD)** or **711 Relay**

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